



29 May 2025

RECREATION & SPORTS PRACTICE & CLASS TIMETABLE

The timetable below provides the practice and class schedules of the sports teams and recreational interest groups of the Recreation and Sports Committee (“RSC”) in the coming few weeks. The schedules are subject to changes, and the venues may have capacity limits. The teams/groups reserve the right to alter any arrangements, or otherwise cancel any sessions without prior notice when circumstances dictate.

Participants may be required to bring their own equipment e.g. rackets, to the practice sessions and classes, and are advised to check with relevant teams/groups on arrangements and requirements.

Apart from the following practice sessions and classes, the RSC also offers a wide range of activities, including friendly matches, external competitions, leisure activities, and many more. Please click [here](#) to view the full calendar for all RSC activities. Members are also welcome to subscribe to the calendar by completing this [online form](#). For enquiries, please contact RnS@hklawsoc.org.hk.

Badminton		
Practice (Please register with the team/group before attending the practice session(s))		
Thu 29 May 25	9 pm – 11 pm	Quarry Bay Sports Centre 7/F, Quarry Bay Municipal Services Building, 38 Quarry Bay Street
Fri 13 Jun 25	8 pm – 10 pm	St. James’ Settlement Jockey Club Social Services Building 14/F, 112 Kennedy Road, Wan Chai, Hong Kong

Basketball		
Practice (Please register with the team/group before attending the practice session(s))		
Fri 20 Jun 25	8 pm – 10 pm	St. James’ Settlement Jockey Club Social Services Building 14/F, 112 Kennedy Road, Wan Chai, Hong Kong

Dancing		
Ballroom Dance Class (Registration is closed for the following class session(s))		
Fri 30 May 25	8:30 pm – 9:30 pm	22nd Dance Floor Education 22/F, Sub Tower 75-83 Kings Road, Tin Hau, Hong Kong
Fri 6 Jun 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Line Dance Class (Registration is open for the following class session(s))		
Wed 25 Jun 25	8:00 pm – 9:30 pm	Dance Star Academy 6/F, Richmond Plaza, 496 Jaffe Road, Causeway Bay, Hong Kong
Wed 2 Jul 25	8:00 pm – 9:30 pm	Dance Star Academy
Wed 9 Jul 25	8:00 pm – 9:30 pm	Dance Star Academy

Wed 16 Jul 25	8:00 pm – 9:30 pm	Dance Star Academy
Wed 23 Jul 25	8:00 pm – 9:30 pm	Dance Star Academy
Wed 30 Jul 25	8:00 pm – 9:30 pm	Dance Star Academy
Wed 6 Aug 25	8:00 pm – 9:30 pm	Dance Star Academy
Wed 13 Aug 25	8:00 pm – 9:30 pm	Dance Star Academy
Latin (Pasa Doble) Ballroom Dance Class (Registration is open for the following class session(s))		
Fri 27 Jun 25	8:30 pm – 9:30 pm	22nd Dance Floor Education 22/F, Sub Tower 75-83 Kings Road, Tin Hau, Hong Kong
Fri 4 Jul 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 11 Jul 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 18 Jul 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 25 Jul 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 1 Aug 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 8 Aug 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 15 Aug 25	8:30 pm – 9:30 pm	22nd Dance Floor Education

Dragon Boat		
Land training (Please register with the team/group before attending the practice session(s))		
Thu 29 May 25	7 pm – 9 pm	Tamar Park
Thu 5 Jun 25	7 pm – 9 pm	Tamar Park
Thu 12 Jun 25	7 pm – 9 pm	Tamar Park
Thu 19 Jun 25	7 pm – 9 pm	Tamar Park
Thu 26 Jun 25	7 pm – 9 pm	Tamar Park
Thu 3 Jul 25	7 pm – 9 pm	Tamar Park
Thu 10 Jul 25	7 pm – 9 pm	Tamar Park
Thu 17 Jul 25	7 pm – 9 pm	Tamar Park
Thu 24 Jul 25	7 pm – 9 pm	Tamar Park
Thu 31 Jul 25	7 pm – 9 pm	Tamar Park
Water training (Please register with the team/group before attending the practice session(s))		
Sat 12 Jul 25	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre Tiu Keng Leng Pier, Tseung Kwan O, N.T., Hong Kong
Sat 19 Jul 25	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre
Sat 26 Jul 25	10 am – 12 nn	Tseung Kwan O Dragon Boat Training Centre

Golf		
Practice (Please register with the team/group before attending the practice session(s))		
Thu 5 Jun 25	8 pm – 10 pm	Hi Tee Golf 14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay
Thu 19 Jun 25	8 pm – 10 pm	Hi Tee Golf
Thu 3 Jul 25	8 pm – 10 pm	Hi Tee Golf
Thu 17 Jul 25	8 pm – 10 pm	Hi Tee Golf

Martial Arts		
Class (Registration is closed for the following class session(s))		
Thu 29 May 25	7 pm – 8 pm	Law Society Function Room 3/F, Wing On House, 71 Des Voeux Road Central, Hong Kong
Thu 5 Jun 25	7 pm – 8 pm	Law Society Function Room
Thu 12 Jun 25	7 pm – 8 pm	Law Society Function Room
Practice (Please register with the team/group before attending the practice session(s))		
Wed 28 May 25	8 pm – 10 pm	Taikoo Shing
Wed 4 Jun 25	8 pm – 10 pm	Taikoo Shing
Wed 11 Jun 25	8 pm – 10 pm	Taikoo Shing
Wed 18 Jun 25	8 pm – 10 pm	Taikoo Shing
Class (Registration is open for the following class session(s))		
Thu 17 Jul 25	7 pm – 8 pm	Law Society Function Room 3/F, Wing On House, 71 Des Voeux Road Central, Hong Kong
Thu 24 Jul 25	7 pm – 8 pm	Law Society Function Room
Thu 31 Jul 25	7 pm – 8 pm	Law Society Function Room
Thu 7 Aug 25	7 pm – 8 pm	Law Society Function Room
Thu 14 Aug 25	7 pm – 8 pm	Law Society Function Room

Running		
Class (Registration is closed for the following class session(s))		
Mon 2 Jun 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 7 Jun 25	7 am – 10 am	Happy Valley Sportsground
Mon 9 Jun 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 16 Jun 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 23 Jun 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 30 Jun 25	7:30 pm – 9 pm	Central Waterfront Promenade

Class (Registration is open for the following class session(s))		
Sat 5 Jul 25	7 am – 10 am	Happy Valley Sportsground
Mon 7 Jul 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 14 Jul 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 21 Jul 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 28 Jul 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 2 Aug 25	7 am – 10 am	Happy Valley Sportsground
Mon 4 Aug 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 11 Aug 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 18 Aug 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 25 Aug 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 1 Sep 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 6 Sep 25	7 am – 10 am	Happy Valley Sportsground
Mon 8 Sep 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 15 Sep 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 22 Sep 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 29 Sep 25	7:30 pm – 9 pm	Central Waterfront Promenade

Snooker		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 4 Jun 25	7:30 pm – 10:30 pm	World Snooker Club 147 1 st Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong
Wed 11 Jun 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 18 Jun 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 25 Jun 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 2 Jul 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 9 Jul 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 16 Jul 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 23 Jul 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 30 Jul 25	7:30 pm – 10:30 pm	World Snooker Club 147

Table Tennis		
Class (Please register with the team/group before attending the practice session(s))		
Thu 29 May 25	8 pm – 10 pm	Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong
Thu 5 Jun 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 12 Jun 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 19 Jun 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 26 Jun 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 3 Jul 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 10 Jul 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 17 Jul 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 24 Jul 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 31 Jul 25	8 pm – 10 pm	Harbour Road Sports Centre
Practice (Please register with the team/group before attending the practice session(s))		
Thu 29 May 25	8 pm – 10 pm	Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong
Thu 5 Jun 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 12 Jun 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 19 Jun 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 26 Jun 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 3 Jul 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 10 Jul 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 17 Jul 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 24 Jul 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 31 Jul 25	8 pm – 10 pm	Harbour Road Sports Centre

Tennis		
Practice (Please register with the team/group before attending the practice session(s))		
Fri 30 May 25	8 pm – 10 pm	Hong Kong Tennis Centre 133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong
Tue 3 Jun 25	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 10 Jun 25	8 pm – 10 pm	Hong Kong Tennis Centre
Tue 17 Jun 25	8 pm – 10 pm	Hong Kong Tennis Centre
Tue 24 Jun 25	8 pm – 10 pm	Hong Kong Tennis Centre
Wed 2 Jul 25	8 pm – 10 pm	Hong Kong Tennis Centre

Wed 9 Jul 25	8 pm – 10 pm	Hong Kong Tennis Centre
Wed 16 Jul 25	8 pm – 10 pm	Hong Kong Tennis Centre

Tenpin Bowling		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 4 Jun 25	8 pm – 10 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
Wed 11 Jun 25	8 pm – 10 pm	South China Athletic Association
Wed 18 Jun 25	8 pm – 10 pm	South China Athletic Association
Wed 25 Jun 25	8 pm – 10 pm	South China Athletic Association
Wed 2 Jul 25	8 pm – 10 pm	South China Athletic Association
Wed 9 Jul 25	8 pm – 10 pm	South China Athletic Association
Wed 16 Jul 25	8 pm – 10 pm	South China Athletic Association
Wed 23 Jul 25	8 pm – 10 pm	South China Athletic Association
Wed 30 Jul 25	8 pm – 10 pm	South China Athletic Association
Class (Registration is open for the following class session(s))		
Wed 18 Jun 25	8 pm – 9 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
Wed 2 Jul 25	8 pm – 9 pm	South China Athletic Association
Wed 9 Jul 25	8 pm – 9 pm	South China Athletic Association
Wed 16 Jul 25	8 pm – 9 pm	South China Athletic Association
Wed 23 Jul 25	8 pm – 9 pm	South China Athletic Association
Wed 6 Aug 25	8 pm – 9 pm	South China Athletic Association
Wed 13 Aug 25	8 pm – 9 pm	South China Athletic Association
Wed 20 Aug 25	8 pm – 9 pm	South China Athletic Association